

# Group Exercise and SilverSneakers®

## March 2015

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>		SilverSneakers® Circuit*		SilverSneakers® Circuit* Nia®		Shred 60
<b>9 a.m.</b>						Yoga Core
<b>9:30 a.m.</b>	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit*		Cardio X-Train
<b>10 a.m.</b>	Pickleball		Pickleball		Pickleball	
<b>10:30 a.m.</b>	SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		ZUMBA® Gold
<b>5:30 p.m.</b>	Nia®	Joyful Hoops Shred 60	20/20/20 Pilates			
<b>6:30 p.m.</b>	Yoga ZUMBA®	Kickboxing	Beginning Yoga	Cardio Core ZUMBA®		
<b>7:30 p.m.</b>		Core Essentials		Healthy Back		

\*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

### SPECIAL EVENTS

#### Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



#### SilverSneakers® Lunch

March 16  
10:30 a.m.

*SilverSneakers® Yoga does not meet on this date.*



#### Group Exercise Spring Session II trial week

Try any class for free March 2-8. Spring Session II runs through May 3.



1700 W. Bloomfield Rd.  
812-349-3720

#### Hours:

Mon.-Fri. 5 a.m.-10 p.m.  
Sat.-Sun. 7 a.m.-10 p.m.



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Twin Lakes Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) March 2015

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>noon</b>	Mahjong				
<b>1 p.m.</b>	Bingo		Bingo		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German
<b>2 p.m.</b>	Bunco		Bunco		

## SPECIAL EVENTS

### Legal Counseling

March 2 • 3 p.m.  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Birthday Celebration by Meadowood

First Wednesday  
of each month  
at 12:45 p.m.



### SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk. See the reverse side for the SilverSneakers® class schedule.



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